

SEATED TOE RAISES

Lifting the toes (flexing the foot) helps the feet clear the ground between steps. When the foot is not flexing between steps, a shuffling gait is apparent, and a toe that drags can cause a tripping hazard. Toe raises help prevent falls and improve gait.

Benefits »

- ⦿ Strengthens muscles, especially the tibialis anterior muscle.
- ⦿ Enhances postural control over swaying during standing.
- ⦿ Improves foot action during gait.

Set It Up »

You will not need any equipment for this activity. One progression has participant seated on a balance disc in a chair with arms.

How to Do It »

The Start

Participants sit tall, with feet flat on the floor about hip-width apart, torso braced and tall, and spine lengthened.

The Moves

Use the following cues.

- ⦿ Lift the toes of both feet off the ground (ankle and foot flexion).
- ⦿ Hold a moment.
- ⦿ Lower toes to the floor.
- ⦿ Repeat 12 to 15 times, as tolerated.
- ⦿ Stretch the shins when done (point and turn the foot and toes; do ankle circles).



Take It Further »

- ⦿ Pull up more firmly.
- ⦿ Hold the up position a bit longer.
- ⦿ Add more weight to foot (place the heel of the other foot on the exercising foot).

Give It More Balance »

- ⦿ Do alternating toe raises: Right, left, right, left. Alternating feet helps improve agility and coordination.
- ⦿ Sit tall at the edge of the chair.
- ⦿ Sit on a balance disc (*only* if the chairs have arms).